

**What our interns/trainees have to say about their experience at
City of Fremont
Youth and Family Services**

Listed below are comments made by interns over the past six years in response to different questions we ask them to respond to as they complete their internship with us. The years listed in parentheses tell you which internship year the responses came from. For more information about the program, call **Laurie Linscheid, MFT (510) 574-2114** or **Lisa Gioia, MFT (510) 574-2111**.

What did you find most valuable about this placement? (2008-2009)

- Having to make decisions about the structure of sessions and being exposed to a variety of problems (anxiety, dysthymia, etc.). Learning the MediCal paperwork (treatment plans and writing good progress notes) has also been valuable.
- Individual supervision; guidance on case conceptualization and treatment planning; trainings with rich information; group support; great interns and staff!
- Individual supervision was incredibly helpful in deepening my awareness of myself as a therapist and learning to trust the process of therapy.
- The experiences and opportunities I was given were the most valuable part of this placement. You are treated like one of the staff and given unique opportunities like Parent Project to help facilitate.
- Vast client population and gaining extensive clinical experience
- Even though at times I felt overwhelmed with paperwork, I now feel like I learned a lot and I am no longer overwhelmed by it.
- I found individual supervision helpful. The feedback and help with my cases was great.
- My experience with school based services. I also found the trainings and supervision support very valuable.
- The supervision and support from staff was most valuable during an experience like this one that was new and challenging.
- Now that I've worked with kids at YFS for a year, I feel like I can really do some good work with kids; I feel more comfortable and confident.
- Learning to work therapeutically with children of diverse backgrounds was invaluable to me. I feel that I worked very well with the older kids and learned what works best for me in regard to my style. I also both love and hate the amount of paperwork – I do feel prepared to do Medi-Cal documentation in future jobs!
- The support, the feeling like we always have someone we can talk to or consult with; individual and group supervision.
- The support of all staff and interns; the trainings; group and individual supervision; the exposure of different ethnicities.
- Individual supervision and the trainings. I also enjoyed my school site placement (High School)
- The clientele and professional staff, who were challenging case and offered extreme expertise, respectfully. We received just enough training to work fairly independently at the school sites, which helped us grow and develop the confidence in ourselves to work in a

clinical setting on our own in the future. The supervision experiences were invaluable as well – particularly group where got to share our cases and receive extensive feedback.

- My experience with families was the most challenging and at the same time a very valuable lesson for me in practicing therapy, learning about my limitations, and perceived feelings of inadequacy.
- It's hard to pinpoint what was most valuable about this practicum experiences as I feel the combination of the unique training opportunities, supportive environment, supervision, and having a diverse caseload all contributed to this invaluable experience. I especially appreciate that clients would be held or offered to me based on my interests and goals.

Did this internship meet your expectations? (2007-2008)

- I received exceptional training and supervision during my time at YFS. I never felt like I had to handle anything alone - guidance was not far away. In fact, I was gently nudged in the right direction if I was forgetting something.
- This internship went beyond my expectation. Although at first I was overwhelmed by the amount of paperwork and procedures, but trainings and supervisors made all of the hassles go away. I am glad that I have gained such valuable experiences in this agency.
- It was a good experience in learning how to work with families, dealing with parents, etc. I gained a lot of knowledge in utilizing play therapy
- I was able to continue expanding the different types of populations I've worked with; I got to do more/experience more family treatment. I continued to build skills in writing treatment plans.
- I expected to receive great supervision and training - which I did. I also expected to work with all ages and cultures of children and youth - which I was also able to do.
- The trainings were exceptional. The access to experienced personnel was invaluable.
- I felt very secure and supported in all my cases. I felt very comfortable in going to my supervisor if I felt overwhelmed.
- Exceeded my expectations.
- My goals were to (1) gain experience working the children and families and (2) find out if I wanted to work with children and families in the future. Both goals were accomplished.
- YFS has been great. I'm certainly going to consider a career in child and family therapy.
- Had good breadth of experiences that help me feel up to future challenges.
- Of course! I'm very glad I decided to stay a second year.
- Absolutely! I appreciated the diversity and the great supervision and trainings. Very well organized.
- I feel like I got good experience by working both my school site and the clinic.
- Overall, I have had a very good experience with the solid training, clinical opportunities, and personable staff/clinicians here at YFS. I feel I have learned a lot about working with children with a wide variety of difficulties and I look forward to more work with children.
- I truly enjoyed being at YFS. I am going to miss everyone here. This year's group supervision was so amazing. I feel like I have gained knowledge and confidence in myself as a person and as a clinician.
- The internship went beyond my expectations and I am very pleased to have worked here for the past year. The staff was really supportive and helpful and the supervisors were available for consultation when needed and responded promptly in a professional way.

- This internship went above and beyond my expectations. I had the opportunity to work with a variety of clients. I learned so much in individual and group supervision and trainings. With the information I learned and support I received I was able to work with my clients effectively and with confidence.
- Very organized, learned a lot about play therapy and school based work.
- I received excellent training and supervision.
- I have been satisfied with my internship experience at YFS. My caseload was been varied and diverse which has helped expand the breadth of my experiences.

Feedback regarding your individual supervision: (2006-2007)

- My supervisor was very helpful with his constructive feedback; he had a lot of practical advise to give
- Wonderful listener, support and offers great feedback and ideas. I never felt devalued.
- It was the right amount of supervision; I felt lots of support and found the feedback and strategies very helpful.
- Supervision was absolutely superb. I really appreciate the honesty in my work and constant guidance. I always knew I could reach my supervisor quickly through phone and email when I was off-site, which was a great comfort for my first year working with clients. My individual supervisor was a source of inspiration.
- It was wonderful!! I learned so much about my clients, the process, technique, and myself!
- The matching of trainees to intern supervisors was superb! I really connected to my supervisor and felt comfortable seeking guidance with various cases and professional/personal development.
- Individual supervision was very helpful – wish it could be more than one hour/week!
- Excellent and realistic feedback, very wiling to work with me to resolve issues, always supportive and encourages me to try new things, always accessible, respectful and insightful.
- Love it. It's so easy to talk with my supervisor and I felt completely comfortable sharing my experiences.
- My supervisor was very able to match my pace and support as well as challenge me.
- Individual supervision has been effective and I felt the time was productive. I gained useful feedback regarding interventions for clients/parents and have grown as a training clinician.

Feedback regarding what you found most valuable about the internship: (2005-2006)

- I enjoyed the monthly trainings. The training was quite informative and very useful to my internship. In addition, both individual and group supervision were very helpful throughout my learning and growth process in the therapeutic field
- The ongoing in-service training throughout the year was excellent. Also, working with the diverse populations and at-risk youth was the most valuable experience to me
- Supervision and the variety of cases
- I had a fun and rich learning experience growing as a therapist/intern
- Supervision – both individual and group
- The caring and availability of the staff. The internship was also well organized (eg., regarding training, forms, consistent supervision schedules)

- The support from all staff on how to best work with children and families
- Learning in a place that is organized, supportive, friendly and challenging
- The variety of clients and great supervision

Feedback regarding your individual supervision: (2004-2005)

- My individual supervisor was great – supportive, flexible, and supportive. I learned a lot and felt comfortable working with her
- Well structured and efficient. The supervisor asked great questions that helped me explore the situation and my thoughts further
- Excellent feedback. Always helpful to hear constructive feedback and ways to work with my clients
- My supervisor was wonderful, compassionate, and challenging without being aggressive. I felt met where I was at and encouraged to take chances and trust myself
- I appreciated the constructive feedback and brainstorming opportunities. I also appreciated those times when we could process any counter-transference that I was experiencing
- Helpful and detailed discussions about difficult issues; provided me with an outlet for frustrations and confusions
- Wonderful, insightful, helpful
- Very professional and supportive. My supervisor supported me through this internship by patiently listening to my concerns, teaching me skills, and encouraging me to challenge myself to reach to the next level.
- My supervisor is very supportive and meets the level of direction I'm looking for
- My supervisor was fantastic, a great listener and guides just enough
- Individual supervision was very helpful. I was encouraged to tape my sessions and my supervisor reviewed the videotapes with me and provided useful and constructive feedback. My supervisor was very supportive and understanding throughout my internship
- My supervision could not have been better. My supervisor was caring, thoughtful, insightful and challenging.
- My supervisor gives very good clinical feedback in counseling techniques.
- Supportive and always respectful of my individual style. Good "alternative ideas" when I was feeling stuck. Always encouraged me to take risks
- Supportive and encouraging
- My individual supervision provided tremendous support, a variety of learning tools, and beneficial information to help with the interning process